



WHAT IS IT? Anniversary Honoring Choices Massachusetts is a consumer focused, nonprofit organization which informs, and empowers adults to make a personal health care plan and connect to the best possible care that honors their values and choices, all through their lives.

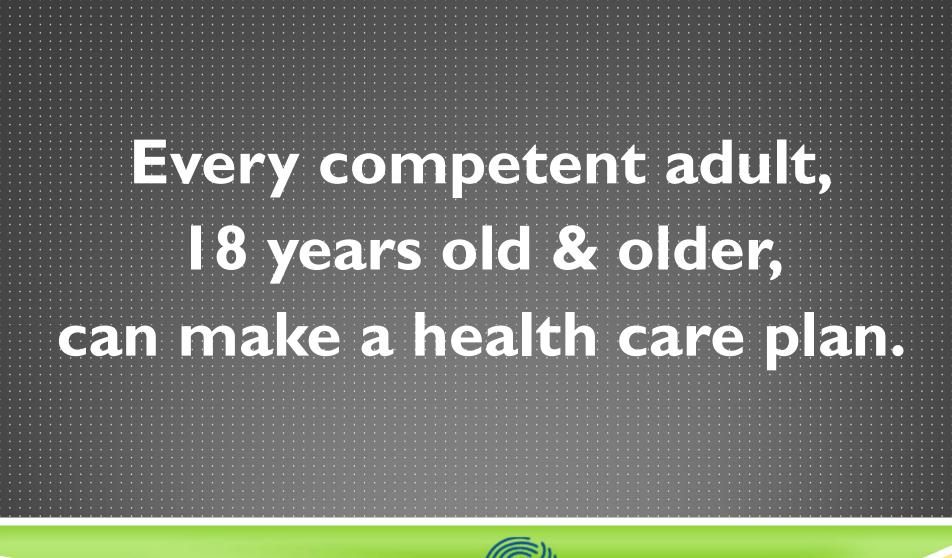


www.honoringchoicesmass.com

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HOW IT WORKS: Every adult, 18 years and old, or their Health Care Agent and Guardian, has the right to be fully informed about their health care to make choices for care that reflect each individual's care goals, values and priorities.







## THE EASY 3-STEP PLAN

I. Choose a Health Care Agent in a Health Care Proxy II. Write down your choices for care in a Personal Directive III. Talk with your care providers to align quality care to your choices



Ask a trusted person to be your Health Care Agent. Your Agent can be a family member, friend, co-worker, faith or community group member — anyone you trust.



care.

Your Agent is your advocate and tells your family and care providers what's important to you and your instructions for

Your Agent makes health care decisions based on your values, beliefs and the care you want.



Your Agent can 'step in' if you have a serious illness or injury and your physician determines you are unable to make care decisions for yourself, even for a short while.

If you regain your ability to make your own decisions, your Agent 'steps back' and no longer has decision-making powers.



A spouse or family member <u>does not</u> automatically have the legal authority to make decisions unless appointed in a Health Care Proxy. Read more at https://malegislature.gov



You do not need an attorney to appoint an Agent in a Health Care Proxy.

You can do it yourself by downloading the free form at honoringchoicesmass.com



II. Write down your choices for care in a Personal Directive

A Personal Directive is NOT a legally binding document, but a **personal document** in which you give your Health Care Agent and family specific information and instructions about the kind of care you want, sharing your values, religious and cultural beliefs, and choices and preferences for care.



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The Honoring Choices Personal Directive can be used: I. As a discussion guide to talk with your Agent, family, friends, clergy and care providers; 2. To give written instructions & information to your Agent

To give written instructions & information to your Agent and family;

To start your personal health care plan, if you have not yet chosen an Agent.



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You can do it yourself without the help of an attorney or doctor. Just download and print the free Honoring Choices Personal Directive Instructions & Document from **honoringchoicesmass.com** 





> I. I'd like to understand more about my health or illness and treatment options: Here's what I know about my health or illness. Here's what I'd like to know today. What's ahead for me? What information would help me to plan for the future?



> 2. I want to discuss my goals and explore the care I want and do not want:

Given my personal values, beliefs and priorities, here's what is important to me.

Here's what worries or concerns me.



> 3. Let's discuss my care plan and writing down my choices in planning documents: What's the plan for getting me to my goals? What are the next steps?. I want to choose a Health Care Agent; can you help me with a Health Care Proxy? Here's a copy of my Health Care Proxy; can you place it in my medical record?



## 4. I'd like to make sure you know my choices and that my medical record is up-to-date:

Let's review my current health or illness, and changes in my priorities and choices. I'd like to revise/add a planning document and review the documents in my record.



## 5. I'd like to make sure my care providers honor my choices all through my life:

In an emergency, or if I can't speak with you, how will my choices be followed? I'd like to bring in my family/Agent to talk about my plan and honoring my choices.



